

About Me...

Use these questions to help children build self-esteem and as a tool to talk about things that matter to them. You might ask children to answer these questions about themselves. Then, you guess what they wrote. You can also reverse the process and have them guess your favorite food, etc.

1. The thing that makes me the happiest is: _____

2. The thing that makes me the angriest is: _____

3. The color I would like for my room is: _____

4. One thing that makes me feel embarrassed is: _____

5. My favorite food is: _____

6. Of all the things I have done, I am proudest of: _____

7. My favorite book is: _____

8. The chore I dislike most is: _____

9. My favorite thing to do on Saturday morning is: _____

10. The best gift I ever got was: _____



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org